MEDAL--Medals were not known in Ladák in the days of the Ladák Rajas; but soldiers who distinguished themselves in the field, were given grants of land. 703 4x3

[102]METEMPSYCHOSIS--Ladákis are believers in the theory of metempsychosis or the transmigration of souls; skieywa thop ches is the word used to signify re-embodiment of a "soul" or "life." They think that re-births are according to merit, that is to say, that if a man has led a virtuous life in this world, he will get a better re-birth than if he had led a vicious life. A very great and good man may take re-birth as a "skooSHok," (see "Incarnation"), but that is a very unusual occurrence. There are six classes into which ordinary re-births take place--the first on the list is the most to be desired, and each succeeding one is worse than the one before it. 775 779

(1) hla (gods or fairies); (2) hlámáeen (demi-gods); (3) mee (man); (4) tutro or tudro (animal); (5) eedak (a fabulous animal supposed to be always suffering from hunger and thirst, owing to its having a huge belly, but a long thin neck like, a hair of a horses tail, and through which sufficient nourishment can never pass to satisfy the cravings of stomach); (6) ngiálwa (hell, but unlike the Christian hell it is only for a time; for according to the Buddhist religion there is no such a thing as everlasting punishment).

The expression "tharlam (or tharpa) thop ches" signifies "to escape from further re-births," and "chirmeeldzokpa" signifies "one who has attained nirvána, and will not return to earth."

MILE--The word "mile" is not generally understood, but most Ladákis have an idea as to the "kós" which they put down at about a mile and a half. The ordinary way of measuring long distances is by the "ngeemachik" or ngeenlamchik, or "days journey," consisting of about 12 miles. For short distances they measure by the "tháng," i.e., plateau, or fan, but as a "tháng" may measure a few hundred yards or several miles, this system of measurement is not of much use. For particulars regarding the "migthong" and other measures of distance, see under the heading "Lineal measure". 804

MILL--ranthak (water-mill) hlungskhor (wind-mill, to be seen in Chángtháng not in Ladak; they are very small, and only grind about 2 pounds of grain per diem), lakskhor (hand-mill). 256